

Answering Your Questions

*Note 1: The purpose of this page / portion of the binder is to predict any questions **your** doctor may have for you and then to come up with answers that are both convincing to a medical professional and that stay true to yourself. You also have consider the cultural and ideological differences that may influence the way you answer these questions to your advantage.*

Note 2: r/childfree is a great resource for finding answers to these questions that resonate you personally.

Sample Questions and Answers:

1. Have you considered non-permanent birth control?

I have researched all of my options, and have made the decision to pursue a permanent solution to my fertility. Any non-permanent contraceptive only serves to further delay the time I finally receive permanent contraception.

Nexplanon is not a desirable option for me given the need to replace it every few years, the risk of side effects, and due to the hormones.

IUD's do not appeal to me, as they too need to be replaced, carry an elevated risk of ectopic pregnancy, have the risk of perforation, and have the potential of failing without my knowledge.

I also researched and briefly considered Essure, but it's been since pulled from the market.

2. Aren't you too young to make such a permanent decision?

This pointed question implies that I don't have the mental maturity to make permanent choices about my reproductive system. If I came to you as a pregnant patient, I sincerely doubt that my mental maturity would be discussed alongside my decision to keep the child. If I am old enough to decide to carry a pregnancy to term, I am old enough to decide to be sterilized.

3. What if you change your mind later?

[your answer here]

4. What if your partner wants children?

[your answer here]

5. Why won't your partner get a vasectomy instead?

[your answer here]

6. Are you aware of the risks of a [requested sterilization procedure]?

[your answer here]